



# In Motion

## Nutrition on the run

**Easy steps that will help you and your family consume five to nine servings of fruits and vegetables a day: Great for healthy eating and weight loss!**



Everyone in America seems to be strapped for time especially during the workweek. Unfortunately, fruits and vegetables are the foods most often left out of meals in the interest of time.

It is recommended that individuals consume five to nine servings of fruits and vegetables a day. Whether it be fast-food lunches, quick breakfasts, or snacks between errands, people are likely to turn to high-fat or high-calorie choices or simply not consider fruits or vegetables as viable options. Fruits and vegetables, however, are nature's original fast-food. In fact, many fruits already come in portable, individually-sealed packages!

The 5 A Day for Better Health program has created a game plan for people who feel they just don't have enough time to prepare fruits and vegetables and include them in their daily diets. Every serving proposed here takes less than five minutes to prepare.

### Breakfast

Usually do cereal? Slice a medium or half of a large banana on top. Like to microwave oatmeal? Throw in a

quarter cup of raisins or dried cranberries. Above all else, don't forget your morning juice. Just six ounces of 100 percent fruit juice or low-sodium vegetable juice counts as a serving toward your 5 A Day.

If you want to go for a super-cool treat for warmer days, try a fruit smoothie. Two servings down!

### Midmorning snack

Unsweetened portable apple-sauce counts as a serving and is easy to snack on anywhere. Like those baby carrots? Eat just five or six baby carrots and you have another serving. Three servings down!

### Lunch

Since the fastest lunches are usually on the go, try ordering a sandwich loaded with vegetables or a cup of hearty vegetable soup. Add a small side salad with low-fat dressing, and feel your energy rise. Five servings down!

### Dinner

Even if you only have five minutes, dinner veggies are easy and delicious. Consider cooking

canned or frozen peas or cauliflower in the microwave for a quick dinner side dish. Or, make a quick and delicious meal out of a microwave-cooked sweet potato with broccoli, cauliflower and some low-fat ranch dressing. A half-cup of vegetables counts as one serving. Seven servings down!

### Dessert

Stock your freezer with 100 percent fruit juice Popsicles or place a half-cup of berries, peaches, or other favorite fruit on low-fat frozen yogurt and you have added another 5 A Day serving to your day! Eight servings down – surpassing the goal of at least five!

### Over the weekend

Take advantage of some much-needed downtime over the weekend to prepare fruits and vegetables for the week. Freeze some peaches and nectarines, they will make tasty "pick-me-up"snacks during the week. Or make a veggie pizza with some fresh vegetables, low-fat cheese, and prepackaged pizza dough then freeze it and reheat it for lunch later in the week.

## Eat 5 a Day the Navy Way!

**Eat plenty of different fruits and vegetables.**

**Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables provide essential vitamins and minerals, fiber and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling.**

## 5 A Day for Better Health

**5 A Day for Better Health is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables Americans eat to five or more. The 5 A Day program provides easy ways to add more fruits and vegetables into your daily eating patterns.**